



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XIX, ISSUE 9

A newsletter for D.C. Seniors

September 2004

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

September is Healthy Aging Month. We've had a seasonally mild summer, but this month you can begin to do more walking under cooler climates, engage yourself in exercise at your local wellness or senior center, or begin eating a nutritious midday meal with your peers. These are healthy practices you can begin and continue throughout your golden years.

There are currently three senior wellness centers in the city: our first, the Washington Seniors Wellness Center in Ward 7, Model Cities Senior Wellness Center in Ward 5, and the newest - Congress Heights Senior Wellness Center in Ward 8.

We are getting ready for wellness in Ward 4 beginning this month with a "kickoff" on September 9 at 11 a.m. at the proposed site - the Old Kennedy Theatre. We hope to have a wellness center in every Ward of the city over the next few years, as promised by Mayor Anthony A. Williams.

Also this month, the BODYWISE 5th Annual "Walk 'Round the World" will be held on Saturday, September 18, starting from the Dennard Plaza on UDC's Van Ness Campus at 10 a.m. This year's Walk will salute Stanley and Hortense Gainor, great supporters of the BODYWISE Water Aerobic Program at Thurgood Marshall School in northeast and at the Therapeutic Center in southeast. Registration for the walk is \$15. For more information, call 202-274-6697.

Call the Office on Aging to find out other activities and programs that you can become involved in to begin a healthier lifestyle. The Information and Assistance Unit can connect you to the Office on Aging Senior Service Network Services. Call 202-724-5626 to speak with a representative today!

SPOTLIGHT ON AGING

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E. Veronica Pace, **Executive Director**
Darlene Nowlin, **Editor**

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.



10 Things African Americans Should know About Prostate Cancer

- 1 Every hour in the United States, three African American men are told they have prostate cancer. In fact, **27,000** will be diagnosed this year alone.
- 2 In less than **100 minutes** another African American man will die from the disease. An estimated 5,300 will die from prostate cancer in 2004.
- 3 In the single decade of the 1990s, **prostate cancer killed about 350,000** American men - slightly more than the entire population of Cincinnati, Ohio.
- 4 Prostate cancer is the **second-leading cause** of cancer death in African American men.
- 5 Prostate cancer is the **single most diagnosed non-skin cancer** among African Americans.
- 6 African American men have the highest rate of prostate cancer in the world. In fact, the incidence rate in African Americans is **60 percent higher** than in white males.
- 7 Research shows that **obesity is a significant predictor of prostate cancer** occurrence and death. Men with a body mass index over 32.5 have about **one-third greater risk of dying** from prostate cancer.
- 8 **One in six men** is at lifetime risk of prostate cancer, the same odds as Russian roulette. A man who has one close relative with the disease has double the risk. With two close relatives, his risk is fivefold. With three close relatives, it's 97 percent.
- 9 The mortality rate for African Americans with prostate cancer is **double** that of white males.
- 10 If **not** caught early, treatments for prostate cancer can cause erectile dysfunction or impotence.

(All prostate cancer incidence and death numbers are 2003-2004 estimates by the American Cancer Society.)

National Prostate Cancer Coalition: 1154 15th Street, N.W., Washington, DC 20005
Phone: 202-463-9455 / Fax: 202-463-9456 / www.pcacoalition.org / info@pcacoalition.org



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

September events

1st • 11 a.m.

"Election Connection" — Senior participants will enthusiastically and sincerely present their platform as a candidate for local council member and presidential nominee. UPO/Project Keen at Phillip T. Johnson Senior Center, 3200 "S" St., S.E. For details, call Robinette at 202-584-4431.

3rd • 5:30 to 8:30 p.m.

Pre-Labor Day Sock Hop - let's rock! Wear your best 50's-60's outfit and bring in the holiday by rocking around the clock with music, dancing and food. Call Monica Carroll at Columbia Senior Center, 202-328-3270, ext. 11, and reserve your seat. The center is located at 1250 Taylor St., N.W.

4th • 10:30 a.m. to 1:30 p.m.

EOFULA Spanish Senior Center, 1842 Calvert St., N.W. will be hosting a picnic at Georgetown Harbor. Delight in a day of sun and boats, while eating and finding new acquaintances. For details, call 202-483-5800.

7th • 10:30 a.m. to noon

Poetry Slam at Columbia Senior Center, 1250 Taylor St., N.W. Sponsored by Capitol Hill Towers. Writers and poetry lovers, you don't want to miss this! Call to reserve your seat, 202-328-3270, ext. 11.

10th, 13th, 20th, & 30th • 10:30 a.m.

"Top Ten Stress Busters" will be presented at UPO/Project Keen at the Phillip T. Johnson Senior Center, 3200 "S" St., S.E. Senior participants will collectively decide on a list of "Top Ten Stress Busters." Once designated the group will discuss implementation of these techniques and will also discuss good coping skills. To become involved in this discussion, contact Robinette at 202-584-4431.

17th • 10 a.m.

Columbia Senior Center is all about Patriotism! Come see "Spirit of America 2004" at the MCI Center.

Features will be the Old Guards, the Fife and Drum Corps, and the U.S. Army Band. For details about this event, contact Monica at 202-328-3270, ext. 11.

18th • 9:30 a.m.

The 5th Annual "Walk 'Round the World" of the BODYWISE Senior Fitness Program will start from the Dennard Plaza on UDC's Van Ness Campus at 10 a.m. Walkers should arrive by 9:30 a.m. Parking is free in UDC garage at Van Ness St. entrance. Walkers will be escorted by docents over the route - under a mile - of the 17 Embassies/Chanceries of the State Department International Center adjacent to UDC's Van Ness Campus. BODYWISE also welcomes walkers who elect to "hang out" on Dennard Plaza welcoming walkers, while enjoying upbeat music and light refreshments. Registration is \$15 and payable to BODYWISE, INC. For more information, call 202-274-6697.

20th • 2 to 6 p.m.

Card Party at Columbia Senior Center, 1270 Taylor St., N.W.! Come out and play a hand or two of your favorite card games. Donation: \$16. Catered food and raffle prizes are included. All monies are due by Friday, September 10th. To reserve space for you and your guest, please call Monica Carroll, 202-328-3270, ext. 11.

21st, 27th, and 28th • 11 a.m.

UPO/Project Keen at Phillip T. Johnson Senior Center will be offering "Civics 101." As an ongoing class, senior participants will discuss, read about and visit sites contributing to the history of the Nation's Capital. The class is lead by Rev. Thomas S. Alston, a graduate of D.C. Agenda's, D.C. Neighborhood College. For more information, call 202-584-4431.

24th - 30th • 6:30 a.m. departure

Minnesota and the Mall of America trip with the Columbia Senior Center. Seven days/six nights traveling by bus to Minnesota. Cost: \$700 per person/double occupancy. (\$200 additional single supplement). Package includes: six nights accommodations, six breakfasts, five dinners, tour of "Old Time Chicago," "Meet and

Greet at the Mall of America, free time for shopping, guided tour of the Minneapolis/St. Paul area, admission to the American Swedish Institute's Turnbald Mansion, gambling at the Mystic Lake Casino, boat ride on the Dells, admission to Stan Hywet Hall Mansion and Gardens, round trip motor coach transportation and baggage handling, taxes/meal gratuity. Columbia Senior Center must have 35 people attending this trip. For reservations, call Monica Carroll 202-328-3270, ext. 11.

25th • 12:30 p.m.

The Upper Room Baptist Church Senior Citizens and The Willing Workers present their 12th Annual Luncheon, Fashion Show, Arts and Craft show in the Harding Dining Room, 60 Burns St., S.E. Donation: \$20. The fashions are designed by the seniors and the delicious food is prepared by the Upper Room Gourmet Cooks and served by the Sophisticated Designers and Models. There will be several vendors displaying. This program is dedicated to the Late Mrs. Clementine Singleton and Mrs. Mildred Turner. For details, contact Robinette of the Project Keen, Phillip T. Johnson Senior Center, 202-584-431.

**Tune in to
"Senior Talk"
with Doris Thomas,
September 18, 5 p.m.,
WOL 1450 AM.
To call in, dial
1-800-450-7876.**

Tips to Avoid Being a Victim of Insurance Fraud

District of Columbia Consumers: You can protect yourself against insurance services scams by staying alert, asking questions, and going slowly or opting out if a insurance transaction seems suspicious or too good to be true.

Here are some tips to help you identify and avoid insurance fraud. For more information, contact the Fraud Bureau of the District of Columbia Department of Insurance, Securities and Banking at 202-727-8000.

Insurance Anti-Fraud Tips

- Never sign blank insurance claim forms.
- Demand detailed bills for repair and medical services. Check closely for accuracy.
- Make sure "free services" aren't actually hidden costs in your insurance bill.
- Be suspicious if the price of insurance seems too low to be true.

- Contact the District of Columbia Department of Insurance, Securities and Banking to verify that the agent and company are licensed.

- Keep your insurance identification number confidential; people can steal it and involve you in scams.

- Be wary if a car suddenly pulls in front of you, forcing you to follow dangerously close. You may be set up for a staged accident. After an auto accident, be careful of strangers who offer you quick cash or urge you to see a specific medical clinic, doctor or attorney. They could be part of a fraud ring.

- Contact the D.C. Department of Insurance, Securities and Banking at 202-727-8000 if you think you're being scammed or someone asks you to take part in a fraud. For more information, visit www.disb.dc.gov.

Courtesy of the District of Columbia Department of Insurance, Securities and Banking, Lawrence H. Mirel, Commissioner.

Discounts and Refunds Available for Cable TV Customers

Seniors who subscribe to "expanded basic cable" service through Comcast are eligible for a \$2.75 discount per month. If you've upgraded to this tier of service and are not receiving the discount, contact Comcast at (202) 635-5100 to let them know your age and confirm eligibility. Please note that this discount does not apply to "basic cable" service.

District of Columbia cable subscribers of any age may be eligible for a refund. If you received cable television service between 1990 and 2000 from District Cablevision Limited Partnership (DCLP), which provided cable service in Washington, D.C. prior to AT&T and Comcast, and paid a late fee to DCLP in connection with your cable television service during this period, you may be eligible for a refund of late fees.

This is due to the proposed settlement of a class action lawsuit, Bassin v. DCLP, currently pending in the Superior Court for the District of Columbia.

The amount of refund will depend on a number of factors, but the refunds are currently estimated to be \$5 for each late fee paid during the period November 10, 1990 through May 22, 2000. Claims for late fees exceeding \$30 will be subject to verification.

Individuals seeking refunds must submit a claim form to:

Claims Administrator
D.C. Cable Late Fee Litigation
Settlement Fund
P.O. Box 11247
Tallahassee, FL 32302-3247

Claim forms may be due as early as September 21.

For a copy of the claim form and for more information regarding the lawsuit and the proposed settlement, please see www.dclatefeeclaims.com.

If you do not have Internet access to print out the claim form, call Marcella Hicks at (202) 671-0065 or write to her at OCTT, 2217 14th St., N.W., Washington, D.C. 20009.

D.C. OFFICE ON AGING NEWSLETTER

September is Healthy Aging Month

What are you doing to stay healthy? As people grow older, it is important to keep motivated and active. Regular exercise is also important because of the risk of disease and loss of mobility.

Exercise by taking extra steps daily. For example, park farther from your destination to get your extra steps in. Walking is an ideal form of exercise and very beneficial. Take extra steps to promote an active lifestyle.

Become a member of one of the senior programs in the Office on Aging Senior Service Network. They can get you on the right track for a healthy lifestyle. Sometimes just getting out of the house and getting involved in an activity can change a sedentary lifestyle with great results.

Call one of the following programs and get involved:

- **BODYWISE Senior Fitness Program.**
Call 202-279-6697 for more information.
- **Congress Heights Senior Wellness Center,**

3500 Martin Luther King, Jr. Ave., S.E.
Call 202-563-7225 for more information.

- **Model Cities Senior Wellness Center,**
1900 Evarts St., N.E. Call 202-635-1900 for more information.
- **Washington Seniors Wellness Center,**
3001 Alabama Ave., S.E. Call 202-581-9355 for more information.

You can also join one of several sites in your Ward and become an active member. Call your Ward coordinator and ask about other sites with programs and activities to keep you busy:

- **Barney Neighborhood Senior Program,**
202-939-9020, Wards 1 and 4
- **Greater Washington Urban League,**
202-529-8701, Wards 2, 5 and 8
- **IONA Senior Services,** 202-966-1055, Ward 3
- **UPO Senior Services,** 202-547-0569, Ward 6

- **UPO Project KEEN,** 202-388-4280, Ward 7

Begin "Healthy Aging" this month and make a promise to yourself to continue living a healthy and active lifestyle.

Flu and Pneumonia Shots Can Prevent Serious Illness

Rates of serious illness and death from influenza are highest among persons aged 65 years because many have medical conditions that place them at increased risk for complications.

Influenza, or the flu, is often worse than a cold because it is a contagious infection that could lead to pneumonia. While colds often last two to seven days with a sore throat, runny nose and cough, the flu often includes cold symptoms in addition to a fever, headache and muscle aches.

To avoid getting the flu or getting a severe case of the flu, doctors recommend that older people get a flu shot each year. Studies have shown that a flu shot reduces hospitalization by about 70 percent and death by about 85 percent among aging adults who are not in nursing homes. Among nursing home residents, the flu shot reduces the risk of hospitalization by about 50 percent, the risk of pneumonia by about 60 percent and the risk of death by 80 percent.

The flu shot may not benefit you if you are allergic to eggs, are ill with a high fever, or have had a severe reaction to the flu vaccine in the past. If you are unsure if you should get the shot, consult your health-care provider.

The Centers for Disease Control also recommends that adults age 65 and over should get vaccinated against pneumococcal pneumonia. This shot may be given simultaneously with the flu shot.

Take a Loved One to the Doctor Day

When is Take A Loved One to the Doctor Day?


September 21, 2004. But individuals are urged to consider any day as a good day to take a loved one to the doctor. If you can't get an appointment on September 21, make an appointment for later in the week. The point is to go see a health professional and begin taking charge of your health.

Why is there a Take A Loved One to the Doctor Day?

Research has shown that many individuals need to be motivated to seek out regular healthcare, although healthcare professionals understand the value of preventive care. While most people wait until there is an emergency before they go see a doctor, Take A Loved One to the Doctor Day is an excellent way to screen individuals, and where necessary, refer them for follow-up care.


Make sure at-risk seniors go to their doctor on a regular basis. You might help prevent serious illness.

District of Columbia
DEPARTMENT OF HEALTH




Project WISH helps women get free mammograms and Pap smears.
Regular breast and cervical cancer screenings
could save your life!

To enroll and locate the site nearest you, please call (202) 442-5900.
For more information about women's health,
health insurance, medical care, mental health or social services, call the
1-800 MOM BABY HEALTHLINE (1-800-666-2229).



Government of the
District of Columbia
Anthony A. Williams, Mayor



GOVERNMENT OF THE DISTRICT OF COLUMBIA
DOH
DEPARTMENT OF HEALTH

D.C. OFFICE ON AGING NEWSLETTER

D.C. Human Services Cluster Agencies and The Faith-Based Community
Invite You To:

“BET YOU DIDN'T KNOW!”
COMMUNITY INFORMATION FAIRS

**Saturday,
 October 9
 10 a.m. to 3 p.m.
 RIVER
 TERRACE
 34th & Dix
 Streets, N.E.**

**Saturday,
 September 25
 10 a.m. to 3 p.m.
 BENNING
 TERRACE
 4450 G St., S.E.**

**Saturday,
 October 16
 10 a.m. to 3 p.m.
 MARIE REED
 LEARNING
 CENTER
 2200 Champlain
 Street, N.W.**

**For information, call
 (202) 463-6211 / TTY 1-877-???-6727**

- **Free Food**
- **Entertainment**
- **Free Health Screenings**
- **Free Dental Screenings**
- **Government Services Information**

Games & Fun

***Free Shuttle
 for Seniors***

Community Preservation and Development Corp.
 DC Human Service Cluster Agencies
 DC Children Youth Investment Trust
 DC Energy
 Child Support Enforcement
 Dept. of Employment Services
 Metropolitan Police Dept.
 DC Housing Authority
 Dept. of Housing and Community Development
 Dept. of Public Works
 DC Court and Community Services
 Mayor's Office of Community Outreach
 Office of Asian & Pacific Islander Affairs



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